



Health Benefits of Quitting

When smokers quit, **within twenty minutes** of smoking that last cigarette the body begins a series of changes.

IMMEDIATE EFFECTS

20 minutes after quitting:

- Blood pressure decreases
- Pulse rate drops
- Body temperature of hands and feet increases

8 hours after quitting:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 hours after quitting:

- Chance of a heart attack decreases

48 hours after quitting:

- Nerve endings start re-growing
- Ability to smell and taste is enhanced

THE FIRST YEAR AFTER QUITTING

2 weeks to 3 months:

- Circulation improves
- Walking becomes easier
- Lung function increases

1 - 9 months:

- Coughing, sinus congestion, fatigue, shortness of breath decreases

1 year:

- Excess risk of coronary heart disease is decreased to half that of a smoker

LONG-TERM BENEFITS

5 years:

- From 5 to 15 years after quitting, stroke risk is reduced to that of people who have never smoked.

10 years:

- Risk of lung cancer drops to as little as one-half that of continuing smokers
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
- Risk of ulcer decreases

15 years:

- Risk of coronary heart disease is now similar to that of people who have never smoked
- Risk of death returns to nearly the level of people who have never smoked

For More Information:

You may obtain information online at:

<http://www.lungusa.org>

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